

Amount Per Serving 100

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| Organic Whole-Food Blend.....                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 844 mg |
| (organic Sesbania [leaf], organic amla [fruit], organic ginseng [root], organic apple [fruit], organic kale [leaf], organic broccoli [flower], organic spinach [leaf], organic carrot [root], organic parsley [leaf], organic beet [root], organic green cabbage [leaf], organic blackberry [fruit], organic raspberry [fruit], organic strawberry [fruit], organic tomato [fruit], organic lemon [peel], organic holy basil [herb], organic mustard [seed], organic annatto [seed], organic Moringa [leaf], Astaxanthin (from organic <i>Haematococcus pluvialis</i> )..... |        |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | 2 mg   |

Daily Value not established.

Other ingredients: Vegan capsule (organic pullulan), organic rice extract

SUGGESTED USE: As a dietary supplement, adults take three (3) capsules daily, or as directed by a healthcare professional.



Caution: Please consult a healthcare professional before using this supplement if you are pregnant, breastfeeding or taking any medications. Store in original container away from extreme direct sunlight. Keep out of reach of children.

From 80 mg of organic whole microalgae at time of manufacturing.



NUTRIGOLD

ORGANIC &amp; NON-GMO

# Women's 40+ Multi Gold

PLANT-BASED WHOLE FOOD + ASTAXANTHIN

90 VEGAN CAPSULES • DIETARY SUPPLEMENT



## SUPPLEMENT FACTS

Serving Size: 3 capsules

Servings Per Container: 30

|                                                           | Amount Per Serving | %DV    |
|-----------------------------------------------------------|--------------------|--------|
| Vitamin A (100% as beta-carotene).....                    | 225 mcg RAE        | 23%    |
| (from organic <i>B. salina</i> microalgae)                |                    |        |
| Vitamin C (from organic whole-food blend).....            | 50 mg              | 100%   |
| Vitamin D (as D3 from lichen).....                        | 20 mcg (800 IU)    | 100%   |
| Vitamin E (from organic whole-food blend).....            | 15 mg (22 IU)      | 100%   |
| Vitamin K (100% as K2 (MK-7) from natto).....             | 120 mcg            | 100%   |
| Thiamin (from organic whole-food blend).....              | 5 mg               | 40%    |
| Riboflavin (from organic whole-food blend).....           | 6 mg               | 60%    |
| Niacin (from organic whole-food blend).....               | 8 mg               | 50%    |
| Vitamin B6 (from organic whole-food blend).....           | 13 mg              | 70%    |
| Folate (from organic whole-food blend).....               | 400 mcg DFE        | 100%   |
| Vitamin B-12 (as methyl B-12 & adenosyl B-12).....        | 24 mcg             | 1,000% |
| Biotin (from organic whole-food blend).....               | 75 mcg             | 250%   |
| Pantothenic Acid (from organic whole-food blend).....     | 13 mg              | 260%   |
| Calcium (from organic <i>Algae calcareosa</i> algae)..... | 68 mg              | 4%     |
| Iodine (from organic kelp [whole thallus]).....           | 135 mcg            | 90%    |
| Magnesium (from organic whole-food blend).....            | 11 mg              | 4%     |
| Copper (from organic whole-food blend).....               | 5 mg               | 45%    |
| Selenium (from organic whole-food blend).....             | 55 mcg             | 100%   |
| Vanadium (from organic whole-food blend).....             | 1 mg               | 45%    |
| Chromium (from organic whole-food blend).....             | 35 mcg             | 100%   |



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